

WHAT ELSE SHOULD I KNOW

Know the location of your Emergency Dispensing Site which is the Abington High School, 201 Gliniewicz Way.

- The EDS site is a designated place where residents can receive medication or prophylactics and other needs assessments
- This is usually done on a large scale and examples include anthrax and meningitis treatment

SIGN UP FOR NIXLE

- NIXLE is a service that allows government agencies to send messages to local residents via phone, email and web. Information is delivered almost instantly.
- You can sign up for this service through the Abington Police Departments Website
- <http://www.abingtonpolice.org/>
- <https://local.nixle.com/abington-police-department/>



**Town of Abington
Board of Health
500 Gliniewicz Way
Abington, MA 02351**

**Phone (781) 982-2119
Fax (781) 982-2127
www.abingtonma.gov**

Emergency Preparedness

Staying Safe When Disaster Strikes



FUTURE SOLUTIONS NOW

WHY PREPARE?

By being prepared when a disaster strikes will help you keep your family safe during an emergency. During an emergency help may not be immediately available which is why it is important to be prepared to hunker down until help comes or the disaster has passed. Being ready during an emergency reduces stress and anxiety giving you the additional time you need to assess the situation and take the appropriate action.

MEDICAL RESERVES CORPS

- Ensuring that a trained group of health professionals is ready to respond to health emergencies.
- Any licensed or certified health professional or health professional student who lives or works in Abington.
- Communications would be sent out to all volunteers using an automated system that would attempt to reach you using the information you provided when you registered.
- Abington is a part of the SHAR-MRC and we're always looking for more volunteers
- MRC contact information
Holbrook_ema@yahoo.com
781.767.6890
<http://www.shar-mrc.org/>
<https://www.facebook.com/SHARMRC>

HOW DO I PREPARE?

Emergency preparedness might seem like a lot of work however if you take on the task little by little, you will be prepared in no time.

- Identify what you will need in order to be able to survive for 3-5 days if people cannot get to you.
- Make sure every family member has important telephone numbers (i.e. parents work numbers, school numbers, distant relatives, hospitals...)
- Prepare an emergency kit
- Designate a meeting place if family members are separated

FAMILY NEEDS

- Food /drinks
 - store at least a 3-5 day supply of non-perishable food per person; noting dietary restrictions
 - Avoid foods that will make you thirsty
 - Choose canned foods with a high liquid content
 - Bottled water. (Avoid caffeinated drinks and alcohol as they dehydrate the body which increased the need for more drinking water)



FAMILY NEEDS CONTINUED...

- Medications
- First Aid Kit
- Utility Shut-Off and Safety (Know how to shut off gas, water and electricity)
- Flashlight and extra batteries
- Pet food, medication, identification tags
- Dry matches & candles
- Manual can opener



EMERGENCY CAR ITEMS

- Flares/light sticks
- Bottled water/food
- Jumper cables
- Blanket or Sleeping Bag
- First aid Kit
- Extra Gasoline
- Tire jack & spare tire
- Shovel/snow supplies

